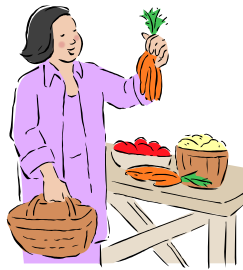


Color Up Your Diet for Good Thinking



Many nutrients affect how our brain functions. B-vitamins like Thiamin, niacin, and foliate help our brain to retain information, help us use problem-solving skills, and aid in cognition. The nutrients we need to keep our minds healthy come from eating foods that are bright and colorful. The New Dietary Guidelines suggest that we:

“Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.”

These colorful fruits and vegetables provide vitamins, minerals, antioxidants, and amino acids. Antioxidants help protect your cells from oxidation, which can lead to cancerous cells.

Foods that are high in antioxidant power include:

Blueberries	Kale
Strawberries	Spinach
Prunes	Alfalfa Sprouts
Raisins	Broccoli
Blackberries	